

Raising a Go Getter Child

(Proper Praise Exercise)

There will always be obstacles in life. Our success is determined by how we react to those obstacles. Children develop their attitudes on perseverance largely by how they are praised. This attitude persists strongly into adulthood.

Even the most talented of people will shrivel away from challenge if that challenge poses a threat to their identity. I.E. If they are known as smart then taking a test may cause extreme anxiety because if they fail or do poorly it challenges the identity of smart.

This can be easily avoided by the use of proper praise. Proper praise teaches that trying hard is the goal. It teaches that a failure is only a part of the learning process. It teaches the growth mindset. How to do it? Simple

Praise effort rather than outcome.

Below is an exercise to learn proper praise.

- 1) Throughout the day record in the worksheet each time you praise your child.
- 2) If the praise is about effort, then write it in the right column and then congratulate yourself (yes celebrating even tiny successes is another success hack)
- 3) If the praise is outcome based then write it in the left column. Then rewrite it in an effort based form in the right column. Repeat this effort based praise back to yourself so you are more ready to use it next time. A few examples are given.

Once you do this for a few days it will become natural and you will do it without thinking. Once that happens begin to observe the change in your child. Over time you will see that they more easily take on new challenges. Anxiety and fear will diminish. They will become a **Go Getter**.

We'd love to hear about your successes with this. Make sure to leave them in the comments at : <http://www.learningsuccesssystem.com/solution/strategy-5> . Tell us about proper praise you have used

For more information on the growth mindset we recommend [Mindset: The New Psychology of Success](#).

Would you like to get your child on the path to Learning Success? Get your full copy of the [Learning Success System](#) go to:

www.learningsuccesssystem.com

Outcome Based Praise	Effort Based Praise
You did really great on that test. I am really proud of you.	You worked hard to prepare for that test. I am really proud of you
Your writing is very neat. I am proud of you	I can see how hard you are working at forming neat letters. I am proud of you

Outcome Based Praise	Effort Based Praise
You did really great on that test. I am really proud of you.	You worked hard to prepare for that test. I am really proud of you

Outcome Based Praise	Effort Based Praise
You did really great on that test. I am really proud of you.	You worked hard to prepare for that test. I am really proud of you

Record any changes you see in your child here (no matter how small, the trick is to notice)

Notes: